



Ron Maughan obtained his BSc (Physiology) and PhD from the University of Aberdeen, and was based in the Medical School there for almost 25 years before moving to England. He is now Visiting Professor at St Andrews University. He spent much of his career trying to understand the physiological responses to exercise and the nature of fatigue, but has included many digressions along the way. He chairs the Nutrition Working Group of the Medical Commission of the International Olympic Committee. He is a director of the IOC Diploma programs in Sports Nutrition, Sports Medicine, and Sports Physical Therapies.